

**FOR IMMEDIATE RELEASE**

**FRACTURED: My Journey Back from Death and the Lessons I've Learned Along the Way**

The story of a woman who stared death in the face and made the conscious decision to live.

**On Sale: July 17, 2017**

From the outside looking in, Elizabeth had the *perfect* life. No one knew the hurt, pain, and angst she hid inside as she struggled to keep herself small so those around her would like her. It all came to a head in the fall of 2007, when her parents received a call that would shake them to their core; Elizabeth was lying lifeless in the ICU, and she may only have a few hours to live. It was then that a 22-year-old Elizabeth had a choice to make. She could stay stuck in the life she created for herself, full of sadness and self-doubt, or she could choose to wake up and begin the healing and repair necessary to live the life she knew she was meant to live.

*Fractured: My Journey Back from Death and the Lessons I've Learned Along the Way* is the memoir of Elizabeth's multifaceted spiritual, physical, mental, and emotional recovery. It is about her deliberate decision to begin the hard work of finding her voice, and the struggle to use it to break out of the box that society tried to keep her in.

**Author Quote**

"It's been 10 years since I woke up in a hospital bed with a fractured neck, arm, shoulder, and more. At that moment, I had no idea the journey to heal my body would lead to a complete transformation of my life. *Fractured* is about more than the events surrounding a near-death experience. It's about realizing how a broken mind and a broken heart can be healed just like broken bones. It's about finding your voice after a lifetime of silence, and about using that voice to change your world. It's about realizing that life isn't about what you have; It's about who you are. By sharing the events in *Fractured*, I want to show that living an authentic life is the key to self-acceptance and true happiness. Life is just oh so beautiful when you love yourself and #CelebrateYourBigness."

**About the Author**

Elizabeth Antonucci (31) is the founding director of the nonprofit company Step Up Chicago Playwrights and currently sits on its advisory board. Through her charitable work and this book, she aims to share her experiences to promote acceptance and self-love, all to help others find their authentic voice. Elizabeth currently lives in Clovis, California, with her fiancé Brian, where she is on the Board of West Fresno Family Resource Center, volunteers at Big Brothers Big Sisters of Central California, and is a real estate agent.

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